WHAT IS CLAIMED IS:

1. An apparatus for treating a ruptured or degenerated spinal disc, comprising:

an elongate member comprising a proximal end including a handle thereon, and a curved distal end including a connector element thereon; and

a band of biocompatible material having a first end releasably connectable to the connector element on the elongate member, the band having a length sufficient to wrap around an exterior of a spinal disc.

- 2. The apparatus of claim 1, wherein the connector element comprises a hook on the distal end of the elongate member.
- 3. The apparatus of claim 2, wherein the first end of the band comprises an opening for receiving the hook therein.
- 4. The apparatus of claim 1, wherein the band has a width sufficient to cover a spinal disc and at least partially cover at least one vertebra adjacent the spinal disc.
 - 5. The apparatus of claim 1, wherein the band comprises healing-promoting material.

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- 6. The apparatus of claim 1, further comprising an extracellular matrix material on at least one side of the band.
- 7. The apparatus of claim 1, wherein the band comprises a nonporous material.
 - 8. The apparatus of claim 1, wherein the band comprises a porous webbing.
- 9. The apparatus of claim 1, wherein the band comprises bioabsorbable material.
 - 10. The apparatus of claim 1, wherein the band comprises a second end, the second end comprising a connector for securing the second end to another portion of the band for securing the band around a spinal disc.
 - 11. The apparatus of claim 10, wherein the connector comprises one or more threads extending from the second end.
 - 12. The apparatus of claim 1, wherein at least a portion of the band is electrically conductive.

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- 13. The apparatus of claim 12, further comprising a source of electrical energy coupled to the electrically conductive portion of the band.
- 14. The apparatus of claim 1, further comprising a fork member comprising proximal and distal ends defining an axis therebetween, the distal end comprising a pair of times, each time comprising a transverse portion extending generally parallel to one another transversely with respect to the axis.

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- 15. The apparatus of claim 14, wherein the transverse portion of each time comprises a tip and a heel disposed proximal to the tip, a length between the tip and the heel being sufficient for engaging a first vertebra with the tip and pivotally engaging a second vertebra with the heel to adjust a distance between the first and second vertebrae.
- 16. The apparatus of claim 1, further comprising a guide member including a proximal end and a curved distal end having a radius of curvature corresponding substantially to an exterior perimeter of a spinal disc, the guide member comprising a lumen extending between the proximal and distal ends, the lumen having a size for receiving at least a portion of the band therethrough.

- 17. The apparatus of claim 16, wherein the lumen through the guide member comprises a slot including a height greater than a width of the band.
- 18. The apparatus of claim 17, wherein the proximal end of the guide member defines an axis, and wherein the distal end of the guide member terminates in a distal tip extending transversely with respect to the axis.
- 19. The apparatus of claim 17, wherein the height of the lumen extends substantially perpendicular to the radius of curvature of the distal end.
- 20. The apparatus of claim 1, further comprising a pair of
 opposite-hand guide members, each guide member comprising a
 proximal end and a curved distal end having a radius of curvature
 corresponding substantially to an exterior perimeter of a spinal
 disc, each guide member comprising a lumen extending between the
 proximal and distal ends, the lumen having a size for receiving
 at least a portion of the band therethrough.